

MINUTES
DISTRICT V
AGING & NUTRITION SERVICES ADVISORY COUNCIL
JULY 31, 2012
PANGUITCH, UT

MEMBERS IN ATTENDANCE

Carma Sly
Mary Schaidt
Millie VonRitchie
Commissioner Clare Ramsey
Art Cooper
Joyce Griffin
Clem Griffin (Chair)
Lael Chynoweth
Judy Henrie
Pauline Prince
Doug Maxwell
J. N. Webster
Arlen Grimshaw
Commissioner Jim Matson
Wallace Gibson
Mary Stevens
Ila Mae Swapp
Christie Benton
Sharon Ott

MEMBERS NOT IN ATTENDANCE

Vern Kupfer (Excused)
Roy Urie (Excused)
Gayle Rhode (Excused)
Tamara Atkinson (Excused)
Kaye Reese (Excused)

OTHERS IN ATTENDANCE

Pam McMullin
Jim Sly
Dixie Larsen
Teena Pittman
Donna Chynoweth
Fayann Christensen
Craig Hansen
Connie Lloyd
Christine Holliday
Carrie Schonlaw
Carolyn Moss

REPRESENTING

Beaver County Advisory
Beaver County Advisory
Beaver County Advisory
Garfield County
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Iron County Advisory
Iron County Advisory
Iron County Advisory
Kane County
Kane County Advisory
Kane County Advisory
Kane County Advisory
Washington County Advisory
Washington County Advisory

Iron County Advisory
Iron County Advisory
Washington County Advisory
Washington County Advisory
Washington County Advisory

Beaver County Coordinator
Beaver County
Beaver County
Garfield County
Garfield County Coordinator
Kane County Coordinator
Kane County
Iron County Coordinator
Washington County Coordinator
Five County Association of Governments
Five County Association of Governments

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I. WELCOME AND INTRODUCTION

Mr. Clem Griffin, Chair, welcomed those in attendance and conducted the meeting. Introductions of new members attending: Commissioner Jim Matson, Kane County; Mr. Craig Hansen, Kanab Center Director; and J. N. Webster, Iron County Advisory Board.

II. MINUTES APRIL 17, 2012

Mr. Clem Griffin, Chair, requested a motion to accept the minutes of April 17, 2012, noting Mr. Art Cooper and Ms. Gayle Rhode excused from that meeting.

MOTION WAS MADE BY MR. ART COOPER TO ACCEPT THE MINUTES OF APRIL 17, 2012, WITH NOTATIONS. MOTION SECONDED BY MR. WALLCE GIBSON. MOTION CARRIED UNANIMOUSLY.

III. LOCAL SHARING

Mr. Clem Griffin, Chair, requested local sharing from County Coordinators.

Fayann Christensen - Kane County

Introduced Mr. Jim Matson, Commissioner, and Mr. Craig Hansen, Kanab Center Director; Ms. Julie Taylor is the Orderville Center Director. New organization is working well in the County. Orderville Center is cooking all the meals, serving about 130-150 daily, three times a week. Kanab Center serving five days, as requested by Seniors. Activities at the centers include exercising, card games, crafts, birthday dinners, in town shopping; Zion's Way Home Health provides massages and exercising. Trips in Orderville are planned to Castle Valley for the pageant, and other planned in the future, and trips monthly to St. George are continuing. Wii bowling a great success in Kane County; encouraged other centers to join in the fun.

Chris Holliday - Washington County

Things at the centers in Washington County are going well.

St. George Center

The Center experienced flooding in the dining room; floors may need to be refinished. A Photo Exhibit in lobby; encouraging local senior photographers to display their work. Sponsored a t-shirt logo contest. Shirts will be sold as fund raiser. "Breakfast for the Brain" - 15 participants. Great program for utilizing Health Promotion funds. August 15, 2012 - Assistive Technology Presentation; other presentations at center include AARP Defensive Driving, Medicaid Breach. Activities at center include: Wii bowling, every Thursday, zumba, pickleball, Alzheimer's Respite, tax assistance, lip reading classes, Parkinson's group, and shredding events.

Hurricane Center

Center has "Surprise Dessert Wednesday" twice monthly, trips to St. George 1 time a week (have new driver), Bereavement group, pickleball, zumba-like classes, Spanish classes, weekly bake sales.

Enterprise Center

Provides transportation to St. George for shopping and doctor appointments bi-monthly; Wii bowling, and other ongoing activities. Held a Father's Day fund raiser; great turnout. Participated in the July 24th parade and are preparing for the annual Corn Fest - adding cheese enchiladas to menu.

Connie Lloyd - Iron County

Things are going well at the centers. Activities include tai chi; quilting at the Parowan Center; upgraded exercise classes held bi-weekly and going well; new flat screen TV provides better video presentation for dance and yoga classes. Celebrations for Mother's Day and Father's Day at both centers with awards. Hardwood floors have been refinished and spring cleaning at centers has begun; getting vehicles ready for winter. Veterans Administration will be presenting in October; traveled to Tuachan for play and hoping to attend "White Christmas" at Cox Auditorium during holidays. USU Extension Services monthly presentation are focusing on specific topics; meal planning, safe microwave use, nutrition.

Pam McMullin - Beaver County

Beaver Center

Meals are served 3 times a week; good attendance for congregate meals. Activities at the center include Bingo, tai chi, cards (6-7 tables), pool, bi-weekly manicures, monthly trips to St. George, and travel to Minersville and Milford Centers for meals. Beaver Home Health provides blood pressure and blood sugar testings at the center. The center provided presentations from AARP, Hard of Hearing Program (Peggy Thompson), and New Technology. Seniors were invited to dress rehearsals for two community plays. Attended "Hairspray" and buffet at Tuachan, and two buses of seniors attended the Senior Conference in Cedar City. County Fair on August 16, 2012. Flyers were distributed.

Minersville Center

Activities at the center include bonko, bingo, blood sugars and blood pressure checks, crafts (specific to holidays), Hard of Hearing presentation, and meals. In May, a shredding event was held; June, trip to Mesquite and lunch, and participated in the July 4th parade, tossing chocolate milk to crowd.

Milford Center

Meals are available 3 times per week; Blood sugar and blood pressure checks, Hard of Hearing presentation, shredding event, card games weekly (three tables), and other activities.

Donna Chynoweth - Garfield County

Escalante Center had recently been repainted and then was flooded - setting up sand bags to help prevent future problems. Escalante and Panguitch are using their vans for out-of-town trips. Henrieville Center prepares 3-month calendar of events at centers and mails to those over 60. Seniors in Garfield County attended the Seniors Conference in Cedar City. The USU Extension service has tested pressure cookers/canners. Buses from the Centers have been used for transportation during the dedication of the new courthouse in Panguitch. Looking at expanding or building new center in Henrieville and county picnic at center on September 8, 2012. Henrieville seniors enjoy quilting and have quilts available for purchase. Primary elections booths were at the Henrieville and Escalante centers. Presentations at centers have included Mr. Jack Chambers, legally blind, on positive attitude, Hard of Hearing with Ms. Peggy

Thompson. Seniors at the Panguitch Center visited Capital Reef and two more trips have been planned. August 18, 2012 is the Garfield County Fair.

IV. NUTRITION PROGRAM

- Funding for the Nutrition Program saw a small one-time increase for home delivered meals. Federal funding for coming year may see across the board cuts from Older Americans Act discretionary funding, due to sequestration, where home delivered meals is included.
- Looking at request to State Legislature for increased funding for Meals on Wheels and additional caregiver funding for day respite, like the group currently at the St. George Center, to be available in all counties.
- Senior Day at the Legislature - in February. Ms. Schonlaw encouraged participation from seniors in our area. This is a good time to visit with state legislatures and express concerns for area. Last year, Ms. Schonlaw and Ms. Tracy HeavyRunner were only representatives from our area.
- Annual Nutrition Audit held in April - Ms. Charlotte Vincent reported very positively for our areas with a few minor adjustments. New data system is now mandated for nutritional analysis of meals. The inputting of recipes into the system will be completed at the Five County office, with no new staff. Due to budget cuts, staff has been cut, but will take on this responsibility. Next visit will be in September, 2012.
- Ms. Schonlaw requested any feedback regarding the increase in the suggested donation for meals - \$3.50 for seniors, \$7.00 for others. It was reported that the increase was received well by the seniors. Ms. Schonlaw will review project income throughout the year and present that information to Council.

V. ANNUAL PLAN APPROVED

Ms. Carrie Schonlaw presented the annual plan to the State Board in June. The plan was well received by the Board and approved. Ms. Schonlaw reported that members of the State Board are appointed by the governor and approved by the legislature to serve a 4-year term. Ten meetings are held annually; anyone interested in representing our area, please contact Ms.

Schonlaw. The year-end budget was a little short in the home delivered meals areas and supportive services, however, Ms. Schonlaw had funding available in administration that she was able to transfer to cover that short fall. She will monitor funding and make adjustments when applicable. Any additional funding will be passed through to counties for direct services.

VI. AARP PRESENTATIONS

- Mr. Vic Lorch, AARP, presented information on the Driver's Safety Course that is available for our area. He has been able to provide this training at centers in our area. Please contact him for additional trainings. Information packets were distributed.
- Ms. Sharon Ott, AARP, presented information on Medicare and requested that those in attendance complete a questionnaire.

VII. OTHER BUSINESS

- Mr. Art Cooper - shared senior antidote.
- Cel Phone Fund raiser - boxes for used cel phones will be at each center; used as fund raiser for centers.
- Coordinators should be receiving information on voter registration.
- Chronic Disease Leader Training - training for leaders for the Chronic Disease classes will be held in St. George on September 11-14, 2012. Anyone interested in participating in this training, please contact Ms. Tracy HeavyRunner.

VIII. ADJOURN

Meeting was adjourned at 11:30 a.m. Lunch was then served at the Panguitch Center.